

**MAY
2024**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

**MES DE LOS
ESTADOUNIDENSES DE
EDAD AVANZADA**



IMPULSADOS POR CONEXIÓN: MAYO DE 2024



austintexas.gov/varsitygeneration

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CENTER INFORMATION

CLOSED for MEMORIAL DAY MAY 27th

CLOSED for MAINTENANCE WEEK:

**JUNE 10 - 14
NO Classes**

[CLICK HERE FOR LAMAR SENIOR ACTIVITY CENTER WEBSITE & MORE INFORMATION](#)

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Ave on the corner of 29th Street and Lamar Blvd. The center opened in 1978 and was the first City of Austin Parks and Recreation Department center to focus primarily on the interests of Adults 50 plus. Health and fitness, arts and crafts, excursions, social games, group socials, local club and organization meetings, computer lab and cultural events comprise some of the many services provided by LSAC.

Stop by and let the friendly LSAC staff and volunteers show you around.
Hope to see you soon!

Hours of Operation

Subject to change due to business needs, safety, etc.

(Registration Hours on page 3)

Monday & Wednesday

8:30a-8:30p

Tuesday & Thursday

8:30a-4p

Friday

8:30a-2:30p

CLOSED MAY 27th

To better serve you please visit the front desk to complete a 2024 Austin Parks & Recreation Department

Waiver and ensure your information is current.





REMINDERS & FEE INFO

NEW YEAR = NEW WAIVER

**EVERYONE NEEDS TO FILL OUT A NEW 2024 WAIVER TO PARTICIPATE
LAMAR SENIOR ACTIVITY CENTER**

**For those who receive this program guide via email or mail, you will
need to renew your advisory Board Registration to continue receipt in
2024.**

REGISTRATION

Please note, we changed some of our most popular programs to lottery registration. This gives everyone an equal and fair chance. No need to rush in to turn in your registration form. You will be notified via email or phone call if you get into the class.

You must register for classes, events and activities, including Zoom.

Ongoing programs such as Exercise classes, Social Games and Group Meetings, have a 3-month registration timeframe.

New session will be for March 2024 - May 2024.

New class registration will be accepted throughout the 3-months.

Once you register, then no need to register until June 2024!

The receipt will confirm your enrollment or if you are on a **WAITLIST** or **LOTTERY STATUS**. If you are on a waitlist you must first receive a call from LSAC staff to inform you if and when a spot has opened and is offered to you. You will be required to respond/confirm or we will move to the next person on the waitlist.

Credit Card Payments ONLY -- No Refunds for Paid Programs

NEW FEES: We are using a Lottery registration for trips, specialized classes and some events. Also some events and classes are now charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

Program Guide information subject to change due to business and facility needs.



REGISTRATION INFORMATION

MAY 2024 REGISTRATION BEGINS

Tuesday, APRIL 23, 2024 at 9:30am

and will be entered by the time received.

ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 4/23/24, hours:

M & W 9a-4:30p T & TH 9a-3p F 9a-1:30p



WALK-IN During registration hours listed above

You may walk into Lamar Senior Activity Center to register in person by completing a registration form and giving it to a LSAC staff member to date, time and process. You must be in the current RecTrac registration database or fill out a Waiver form to be entered. Then Staff will process the request and inform you if you are in the class or on a waitlist.



CALL 512.978.2480

You may call Lamar Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.



EMAIL lamarsenioractivitycenter@austintexas.gov

You may send an email listing the name, day, time, etc. of the classes or activities you would like to attend. You must be a returning participant with your updated information in our RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



ONLINE via the City of Austin Website (user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at: <https://www.austintexas.gov/department/online-registration>



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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

A big shoutout to another wonderful volunteer, Jacque Cotrell. It's Jacque's 7th anniversary as our energetic and always upbeat **Zumba Gold** instructor. Jacque taught her first Zumba Gold class on Friday May 5, 2017, and we have been dancing and smiling with her ever since.

Jacque is a licensed Zumba Gold instructor and has access to their choreography and songs to teach us her best moves. Her only rules are move, have fun, and smile—that's all it takes to do Zumba Gold. It doesn't matter if you have never danced before.

Those of us who take her class have been inspired to dance, laugh, and be ourselves, and we are all healthier and happier for it. She has created a wonderful community of people who enjoy each other's company—just what we strive for at the Center.

Zumba Gold is an excellent form of physical exercise for those over 50. The moves we do in in this class are designed for overall fitness by strengthening our core muscles. This helps us to balance and stretch, loosening up those cranky leg and shoulder muscles. The class is also great for your brain and cognitive functions. You learn to be a better listener by following voice directions from the instructor, and you get better at focusing your attention by watching her hand signals as you move to the great music. Please join us on Friday mornings and find out for yourself how much fun Zumba Gold is! It's free too!

Eclipse Watching Fun at the Center on April 8th!

What a cool event! John Harros and his staff had "Moon Pies" and other great snacks for the participants. As on April 2nd, there was a weblink with NASA that allowed us to watch the eclipse travel across the United States. *It was so much fun!* Before the total eclipse over Austin, everyone walked to the upper parking lot where we sat in chairs that the staff was kind enough to bring up, or we sat in our own chairs. Traffic was almost nonexistent on Lamar at the time of total darkness; streetlights came on, and birds landed in the trees around us. There was even a large turkey buzzard sitting on a telephone pole watching all of us get excited when the clouds parted, we could see and cheer on the total eclipse with the corona around it.

LSAC ADVISORY BOARD meets on MAY 8, 2024 at 1p.

Please submit agenda items for discussion by **Noon on Friday, May 3, 2024 to:** Paula Brown, LSACAB President at lsacboard1@gmail.com. Everyone is welcome to attend. The Board will not meet again until September 11, 2024. If you need us during the summer, please call the Center and leave a message, send an email or catch us in person. We always want your input and suggestions concerning the programs, classes, trips, and events.

Art- On & Off the Wall

The 29th Street Art & Skilled Crafts Show & Sale

Saturday May 4, 2024 9:00a-4:30p

Lamar Senior Activity Center

2874 Shoal Crest Avenue
Austin, Texas 78705

Creative senior artists offer paintings, drawings, polymer clay art, fiber arts, jewelry, multi-media work, kitchen items, hand made soaps, latch hook rugs, sewing items, paper crafts, note cards and more!

*~HEALTH & WELLNESS

*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



FUSION FITNESS Monday and/or Wednesday

Energizing workout using bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo chair / standing. All levels welcome.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

<u>Day</u> MON	<u>Dates</u> *3/4-5/20	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-64
<u>Day</u> WED	<u>Dates:</u> *3/6-5/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-65

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-61
<u>Day</u> THUR	<u>Dates</u> *3/7-5/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-62

FIND BALANCE Tuesday and/or Thursday

Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. All levels welcome.

Instructors: Tuesday: Laura Adams; Thursday: Leti Alvarez
Both are LSAC Certified Find Balance Instructors

STRENGTH & STRETCH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands. All levels are welcome and fun is guaranteed.

Instructor: Patti Gagne, PARD Instructor, BS Health, PE & Dance; CIYT Iyengar Yoga

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246304-39

HYBRID EXERCISE CLASSES — * Registration Required for all Zoom classes

If you are unable to get a spot in one of the morning exercise classes or unable to personally attend from time to time or you prefer to workout at home, the following classes are offered online via Zoom:

- * FUSION FITNESS M & W 10a Activity# 246903-99
- * FIND BALANCE T & Th 10a Activity# 246903-01
- * STRENGTH & STRETCH F 11a Activity# 246903-02

** NEW ZOOM LINK will be issued upon Registration. **

*~HEALTH & WELLNESS

*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

<u>Day</u> TUE	<u>Dates</u> 5/7-6/18	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-1
<u>Day</u> FRI	<u>Dates</u> 5/10-6/21	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-4
<u>Day</u> T & F	<u>Dates</u> 5/7-6/21	<u>Time</u> See T & F
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-2

T'AI CHI

Kade Green leads the class on the skills and movements for T'ai Chi. T'ai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is practiced slowly with *zero impact*.

All levels welcome in this class and must make a 6-week commitment.

2024 SESSION for all Tai Chi classes

will begin the week of

May 6th thru June 21st

REGISTRATION BEGINS on April 30th

Fees (credit card only)

\$30 1x week

\$40 2x week

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher



NO CLASS 6/19 T'AI CHI –Advanced

This is advanced T'ai Chi classes and students must meet with Kade prior to signing up to ensure his class requirements are met.

This class requires a 6-week commitment.

Sessions and fees same as listed above.

<u>Day</u> WED	<u>Dates</u> 5/8-6/19	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-3

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-28

LINE DANCE – Beginner and all levels welcome

All levels welcomed! Sonja is ready to lead you in a variety of fun, easy dances to music of all genres. This class is a standard beginner level class, with an optional arrival at 1:30p for basic line dance instruction prior to the 2p class start time. So bring a friend or make some new friends while Sonja takes you through a fun and easy dance class.

Instructor: Sonja Hemmes, LSAC Volunteer Instructor & Director/Instructor of Austin Rockin' Line Dancers



ZUMBA GOLD

This class is modified and the choreography focuses on balance, range of motion and coordination. Everyone is encouraged to move at their own pace.

All levels welcome, no judgment...just get moving!

Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246303-44



~ Consult your physician or other health care professionals before starting any fitness program to determine what is right for you and your needs.

*~HEALTH & WELLNESS

*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



YOGA FLOW

This yoga class will link your movements to your breath in a flowing sequence practice.

Practice sun salutations, find balance and peace.

All levels are welcome!

Instructor: Jaya Zyman, LSAC, Certified Yoga Instructor, Fitness Professional

<u>Day</u> MON	<u>Date</u> *3/4-5/20	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-54

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-53

CORE AND RESTORE

Core & Restore is an active practice that works deeply into our bodies with restorative stretches. The program is mostly floor stretches that work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. The class uses foam rollers, yoga therapy

balls, and bands for releasing the tension, lengthening the muscles, and targeting tight areas. Registration is required.

Instructor: Jennifer Taylor, LSAC, Certified Fitness Trainer



PEACEFUL YOGA

Gentle yoga with emphasis on breathing and quiet reflection will help calm our nervous systems and tone our muscles. This class will incorporate slow flowing sequences to warm up the body, as well as standing poses focusing on alignment, strength, balance and flexibility.

Instructor: Leti Alvarez, LSAC Program Specialist-Health & Wellness; Certified Yoga Instructor

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-55

EVENING (MAT) PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and flexibility.

Some Pilates experience is helpful.

Instructor: Jaya Zyman, LSAC, Certified Pilates Mat Instructor, Fitness Professional

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246331-25

CREATIVE ARTS

<u>Day</u> WED	<u>Dates</u> 5/1 & 5/8	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246500-74

CREATIVE ART w/ Nikki from Lending Library

Nikki is back, a Lamar-SAC favorite to bring her creative art classes and guidance on Wednesdays. All supplies are provided and you don't need prior experience just a curious mind and the willingness to play and think out of the box.



OPEN CARD DESIGN

No Instruction *Play on your creative side!*

You are welcome to make any cards you desire.
Bring your ideas. Supplies will be provided.

<u>Day</u> MON	<u>Dates</u> 5/6	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-79

LSAC Volunteers, Myr and Marianne will be available to answer questions.

<u>Day</u> MON	<u>Dates</u> 5/13	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 6	<u>Activity #</u> 246500-80

MASTER CLASS - SCRAP BUSTING

Making your own cards is fun. The downside is all the scrap paper that accumulates over time.

This is a MASTER class; you must have attended previous instructional card crafting classes to register.

Instructors: LSAC Volunteers Marianne and Myr



BOOK BINDING FUN FOLD CARD

Join us as we transform a regular card into a fun fold using a book binding technique. It's a unique way to step up a basic card.

Instructors: LSAC Volunteers Marianne and Myr

<u>Day</u> MON	<u>Dates</u> 5/20	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u>	<u>Activity #</u> 246500-81



CROCHETING for Beginners

This is a beginner class where we will learn the basic of crocheting. For this class, we will be making towel toppers. All levels are welcome to join! Yarn and needles are provided but are welcome to bring your own too!

<u>Day</u> WED	<u>Dates</u> 5/22	<u>Time</u> 10a
<u>Fee</u> \$5	<u>Class Size</u> 10	<u>Activity #</u> 246500-82

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
LAMAR SENIOR ACTIVITY CENTER <h1 style="color: blue;">MAY 2024</h1> Class listing & PG info are subject to change due to business needs.		1 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Handicraft Meet-up 12:30p Art w/Nikki 1p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Modern Physics 7p	2 Kayaking w/Camacho 10a Find Balance 10a Table Tennis 11:15a Mahjong 1p	3 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	4 LSACAB Art Show 9a 4:30p OAM Event 10a-1p Conley Guerrero SAC 5
6 Hike: City Park Ranger 9:30a Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Open Card Design 1:30p Yoga Flow 5:30p	7 Find Balance 10a Trip: Mayfield Park 10:30a Tai Chi 11:30a Bunco 12:30p Arts & Crafts Latin America 1p BeMused Literati 1:30p Line Dance 1:30p	8 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSACAB Meeting 1p Art w/Nikki 1p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p Modern Physics 7p	9 Find Balance 10a Movie: Beautiful Game 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Arts & Crafts Latin America 1p LSACAB Travel Mtg 1:30p Mahjong 1p	10 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Legal Planning Noon Tai Chi 12:30p	11 7p Austin Acoustic Café 12
13 Urban Explorers 9:30a Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Master Class: Scrap Busting 1:30p Yoga Flow 5:30p	14 Find Balance 10a Palette Club 10a Tech Time 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	15 AARP Driving Class 9a Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club 1:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p Modern Physics 7p	16 BST 9:30a Find Balance 10a Movie: Miracle Club 11a Table Tennis 11:15a Mahjong 1p Trip: UT Men's Baseball 6:30p	17 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	18 19
20 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Book Binding Fun Fold Card 1:30p Yoga Flow 5:30p	21 Find Balance 10a Palette Club 10a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	22 Fusion Fitness 10a Crochet for Beginners 10 a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Modern Physics 7p	23 Find Balance 10a Trip: Laguna Gloria 10a Movie: Musica 11a Table Tennis 11:15a Mahjong 1p	24 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	25 26
27 CLOSED FOR HOLIDAY 	28 Find Balance 10a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	29 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Healthier You: Eat Better Noon Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Modern Physics 7p	30 Trip: Bastrop 10:30a Find Balance 10a Bingo 11a Table Tennis 11:15a Mahjong 1p	31 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	 Scan code for Program Guide

Lottery - EXPLORE MAYFIELD PARK

We will take a lovely stroll around the grounds of Mayfield Park. The beautiful grounds have koi ponds and peacocks that roam freely. After exploring, we will have a picnic lunch, so don't forget to pack a lunch!

<u>Day</u> TUE	<u>Dates</u> 5/7	<u>Time</u> 10:30a
<u>Fee</u> N/A	<u>Class Size</u>	<u>Activity #</u> 246227-01

<u>Day</u> MON	<u>Dates</u> 5/6	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246227-02

HIKE w/ City Park Ranger - Lottery

Hike the Shoal Creek trail starting at Seiders Springs and heading south. This is a Level III hike and around 3 miles. Lunch stop afterwards at Cucina 35 for Pizzas and calzones.

<https://cucina35.com/austin-cucina-on-35th-food-menu>

Lottery - URBAN EXPLORERS: A Pan-Asian Food Crawl

A food crawl in the Crescent, a bustling shopping center in the Highland neighborhood, packs a culinary punch, containing some of the city's best Asian restaurants in one extremely walkable shopping center, such as Chinese dumplings, Vietnamese vermicelli bowls, Korean corn dogs, and Japanese sushi.

<u>Day</u> MON	<u>Dates</u> 5/13	<u>Time</u> 9:30a
<u>Fee</u> \$2.50 bus	<u>Class Size</u> 12	<u>Activity #</u> 246227-03

<u>Day</u> THUR	<u>Dates</u> 5/16	<u>Time</u> 6:30p
<u>Fee</u> \$12/\$13	<u>Class Size</u> 13	<u>Activity #</u> 246226-04

UT MEN'S BASEBALL - Lottery

UT vs Kansas Let's go watch baseball! The UT Men's Baseball will be playing against Kansa. This is an evening event, so plan accordingly for an outdoor game. The fee will be \$12, covering transportation and ticket fee. Let's get ready for a good game and grab a hotdog and popcorn together!

Lottery - LAGUNA GLORIA

Are you interested in an art museum? Well, you're in luck! Join us for a stroll at Laguna Gloria art museum and a small treat at the Spread & Co. Wear comfortable attire for a good walk of the grounds with a small treat by Spread & Co at Laguna Gloria (toasttab.com).

<u>Day</u> THUR	<u>Dates</u> 5/23	<u>Time</u> 10a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246227-05

<u>Day</u> THUR	<u>Date</u> 5/30	<u>Time</u> 10:30a
<u>Fee</u> \$5/\$6	<u>Class Size</u> 10	<u>Activity #</u> 246227-07

DOWNTOWN BASTROP - Lottery

Take a trip with us to Bastrop, Texas. About 40 minutes East of Austin. We will explore the downtown shops on Main Street and grab a bite to eat at Neighbor's Kitchen & Yard with a view of the Colorado River.

SPECIAL PROGRAMS

Lottery - KAYAKING w/Camacho Activity Center

We are going to get outside & go paddle alongside Camacho Recreation Center, 35 R.T. Martinez Jr. St. Arrive by 10a to go over safety & instructions, get assigned life vests and kayaks and then we paddle for about one hour enjoying the beautiful spring weather. Please bring a sack picnic lunch to enjoy after our paddle. There will be a cooler for perishable items.

<u>Day</u> THUR	<u>Dates</u> 5/2	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246105-12

EXPLORE ARTS & CRAFTS of Latin America

Join instructors from the MACC (Emma S. Barrientos Mexican-American Cultural Center) in an exploration of the arts and crafts of Mexico and other parts of Latin America. Each class, students will learn about a different art-making tradition, from movement or theater to painting or sculpture, and let their creativity run wild. All supplies provided; no experience necessary.

<u>Day</u> TUE	<u>Dates</u> 5/7 & 9	<u>Time</u> 1p
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246211-6

A Healthier You - EAT BETTER

Join registered Dietician, Pilar Rendon from Suvida Healthcare for a healthy food talk with tastings.
XXXX

<u>Day</u> WED	<u>Dates</u> 5/29	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-9

LAMAR SAC FUN TIME BINGO - Lottery

Come on in and join the fun, win prizes and gift cards. Register to play Bingo at Lamar-SAC. Play up to 3 cards and have a chance to win. Light refreshments will be served.



<u>Day</u> THUR	<u>Dates</u> 5/30	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 19	<u>Activity #</u> 246211-8

ENRICHMENT

VINTAGE VOICES - LSAC Choir

No experience necessary – all voices welcome. Come Join Debra Erck, past choral director and longtime educator to raises our voices in joyful singing. Stimulate the right and left brain function and just have plain good old fun! This registration is through May.

<u>Day</u> WED	<u>Dates</u> 5/1,15,29	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-52

<u>Day</u> TUE	<u>Dates</u> 5/14	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-45

TECH TIME *Help for all!*

All questions welcome!! Come work with Brent Johnson with the City of Austin Central Library and bring all questions regarding your devices, laptops, tablets and phones. In a private or small group setting, he can help you trouble shoot and set you up to better utilize and learn how to use your devices, add Facebook or Instagram or whatever questions you have. Please see Laura or Leti to set up a 30-minute slot.

LEGAL PLANNING to slow down the money.

Meet Attorney Jeff Hunt, The Planning Ahead Coach! Your assets and income may be fixed, limited, or vast, learn how to take specific action to evaluate and plan for aging from your existing baseline health, lifestyle, and assets. Enjoy the Golden Years with fewer worries. Learn valuable information for protecting your independence and your life savings from the ever-increasing costs of living, inflation, age-related health problems, money grubbers, and long-term care.

<u>Day</u> FRI	<u>Dates</u> 5/10	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-55

<u>Day</u> WED	<u>Dates</u> 5/5-5/29	<u>Time</u> 7p
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246207-54

MODERN PHYSICS

Everyone welcome to learn a little more about how our universe works. Join longtime volunteer, Linda Fugate and discuss popular physics topics such as black holes, parallel universes, quantum entanglement and more! No prior knowledge needed, just an open mind. We'll start with Einstein's relativity and quantum mechanics. Come have some fun and work on brain power .

BOOK CLUB

May's Book is "The Which Way Tree"

Narrated in Benjamin's beguilingly plainspoken voice, this book by a local Austin author is the story of Samantha's unshakeable resolve to stalk and kill the infamous panther, rumored across the Rio Grande to be a demon, and avenge her mother's death. In their quest she and Benjamin, now orphaned, enlist a charismatic Tejano outlaw and a haunted, compassionate preacher.

A limited number of books will be available to check out. See Leti to get one, first come first serve. Please bring a snack or dish to share.

<u>Day</u> WED	<u>Dates</u> 5/15	<u>Time</u> 1:30p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-53

MOVIES & BST

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 5/9	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-42

The BEAUTIFUL GAME PG-13 2024 Drama, 2h 1m

Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup, a global street soccer tournament. At the last minute he decides to bring with them a talented player, Vinny, who could give them a real chance at winning, but only if he's ready to let go of his past and become a true part of the team.



The MIRACLE CLUB PG 2023 Comedy/Drama, 1h 31m

Set in 1967, This movie is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, Ireland who

have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. When the chance to win presents itself, the women seize it.

<u>Day</u> THUR	<u>Dates</u> 5/16	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-43

<u>Day</u> THUR	<u>Dates</u> 5/23	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-44

MUSICA PG13 2024 Drama/Comedy, 1h 31m

Based on writer, director and star Rudy Mancuso, Música is a coming-of-age love story that follows an aspiring creator with synesthesia, who must come to terms with an uncertain future, while navigating the pressures of love, family and his Brazilian culture in Newark, New Jersey.



BRINGING SENIORS TOGETHER Fiesta de Mayo

Host: Rodolfo "Rudy" Mendez Recreation Center
Join us for food, fun, games and prizes.
Meet at LSAC at 9a for a ride to the celebration.

<u>Day</u> THUR	<u>Dates</u> 5/16	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 100	<u>Activity #</u> 286721-09

*SOCIAL GAMES

*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



TABLE TENNIS

Looking for a free, fun, friendly, social game? LSAC Table Tennis Open Play invites you to join them. Novice to Advanced ALL PLAYERS ARE WELCOME!

Dates subject to change due to special programs, events, activities, etc.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*3/4-5/20	11:15a-12:45p
THUR	*3/7-5/30	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-37
<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-38

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*3/4-5/20	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-87

MEXICAN TRAIN DOMINOES

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station".

Come learn to play and meet new friends every Monday.

Group Leader: Claudia Savio, LSACAB Member & Volunteer



BUNCO

Bunco is a dice game with players divided into groups of four, trying to score points while taking turns rolling three dice. Come have fun and join the laughter. Meets on the first and third Tuesday.

Game Leader: Carolyn Rickard, LSAC Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*3/5-5/28	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	16	246950-88

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*3/1-5/31	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-89

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players. Similar to Rummy, it's a challenging but fun game. The group is always willing to teach anyone interested in joining on Fridays.

Everyone is welcome to join this fun social game.

Group Leader: Claudia Savio, LSACAB Member and Volunteer



MAH JONGG

Experienced players are welcomed. This is not a taught game. Please come to observe anytime.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	*3/7-5/30	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-90

*GROUP MEETINGS

*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

BEMUSED LITERATI - Writers Group

A support group and friendship circle more than a workshop. Open to new members or people wishing to see if we are a good fit for their wants or needs. Hopefully you enjoy writing in some genre.
Group Leader: Martin Mayland

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246216-23

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-22

HANDICRAFT MEET-UP

Similar to a "Quilting Bee" this group meets to work on individual projects while catching up and chatting with old and new friends.

AUSTIN PALETTE CLUB

The Austin Palette Club meets every month on the **second and third** Tuesday for creative demos and illuminating show and share by local artists.
Looking to spark your creativity? Join us and be inspired.

<u>Day</u> TUE	<u>Dates</u> 5/7 & 14	<u>Time</u> 10a - 1p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> N/A

2024 TRIPS WITH COLLETTE TRAVEL!

ISLANDS OF NEW ENGLAND

SEPTEMBER 20-27, 2024

<https://gateway.gocollette.com/link/1188399>

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

<https://gateway.gocollette.com/link/1188415>



Got the Travel Bug? Come to an informal social gathering to discuss travel at home and abroad. If you feel intimidated by post-Covid travel or don't want to travel alone, this is an opportunity to meet other seniors who are interested in getting out of the armchair and out into the world again! We'll share tips on traveling, packing, good experiences and what not to do. We'll also have some Internationally inspired snacks and drinks. Join us! Hosted by the LSAC Advisory Board.

May 9th at 1:30pm Sign-up with Volunteer desk today!

Brochures of these destinations are available at the volunteer desk. Contact LSACAB Travel Committee; Tel Dalton or Holly Chacona, **512-978-2480** or tripscollette@gmail.com

<u>Day</u> WED THUR	<u>Dates</u> 5/15, 7/17 6/20	<u>Time</u> 9a-1:30p
<u>Fee</u> Pay \$20/\$25 To Instructor	<u>Class Size</u> 15	<u>Activity #</u> N/A

SMART DRIVER Class

Instructor: Joan Deluca

Pre-registration required - Pay instructor on day of class (cash or check) Class is for insurance purposes only--individuals should check with their own insurance company to confirm they will accept the class for discounts before signing up. Class is NOT for ticket dismissal. Classes meets the third Wednesday of each month.



Participants are encouraged to bring snacks and beverages. A short break will be part of the class schedule.

LSACAB NOTICES

OLDER AMERICANS MONTH 

Powered by Connection



Please join us for the **3rd Annual Older Americans Month Kick Off Event!**

Presented by engAGE Travis County in partnership with Austin Public Health and Age-Friendly Austin

Join us to learn about **Emergency Preparedness and Community Resources**, and receive an **Emergency Preparedness kit** for safety during emergencies!

Conley-Guerrero Senior Activity Center

Saturday, May 4th, 2024

10 am - 1 pm

808 Nile St., Austin TX 78702

This event is FREE and open to the public

Food and drinks will be provided, and interpreter services will be available

MES DE LOS ESTADOUNIDENSES DE EDAD AVANZADA 

Impulsados por conexión





Austin Acoustical Cafe

GROUCHY LIKE RILEY

Marvin Dykhuls, Danny Britt & Chip Dolan



Opening:
Roxi Copland



Saturday, May 11, 2024



Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austinacousticalcafe.org

Doors Open at 6:30pm
Music Starts at 7:00pm
Buy Tickets at Website
\$20 Advance / \$25 Door

ENVIRONMENTAL LECTURE



Center for Environmental Research at Hornsby Bend
Austin WATER logo

2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

NATURE and the AMERICAN MIND

SCIENCE and AMERICAN NATURE

<u>Day</u> THUR	<u>Dates</u> 5/9	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-7

May topic: **American Natural History: Thoreau and New World Nature**
From Jefferson to Thoreau, explore this history of American natural history and how it still influences our understanding of American nature.

Open to the Public – Pre-registration preferred but not required.

Bring your lunch to enjoy while listening to the lecture.



**LAMAR SENIOR ACTIVITY
CENTER STAFF**

John “JT” Harros, Program Supervisor
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds
Assistant
Laura Adams, Instructor-Activity Specialist
Jennifer Taylor, Instructor
Jaya Zyman, Instructor
Paulina Guerrero, Activity Specialist
Kelly Maltsberger, CPRP, Program Manager

**LAMAR SENIOR ACTIVITY CENTER
ADVISORY BOARD**

Paula Brown, President
Yvette Scott, Vice President
John Camden, Treasurer
Norma Jost, Secretary
Rick Adcock, Terri Behrmann,
Holly Chacona, Madeline Ducate,
Getel “Tel” Dalton, Maria “Myr” Hernandez,
Charles “Chuck” Mandelbaum,
William “Bill” Myers, Patsy Phillips,
Claudia Savio

Austin Parks and Recreation Department Vision:

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

Mission:

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.